

## ABSTRACT

A method and an apparatus that can allow grains to absorb water in a short time without scratching the same at all are provided.

An immersion method includes a step of storing grains for  
5 water absorption and water within a pressure-resistant container  
10, a step of reducing the pressure in the pressure-resistant  
container 10 by a vacuum pump 6, and a step of releasing the reduced  
pressure by opening a reduced pressure releasing port 4.  
Accordingly, the grains can absorb water in a short time without  
10 being scratched at all. It becomes also possible to allow the grains  
to absorb water uniformly through the entire surfaces of the grains.